

BOARD OF SUPERVISORS HONORS ANNUAL OCTOBER NAMIWALKS
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Photos Provided by David Estrada, President, NAMI, Pomona Valley



The National Alliance on Mental Illness (NAMI) has one fundraising event each year across the country to support their free education programs for family members and their loved ones who experience the effects of mental illness. The event is called NAMIWalks with the theme, "Every journey begins with that first step!"

NAMIWalks nationally celebrates its 11th year anniversary in 2013 as the largest and most successful mental health awareness and fundraising event in America! Through NAMIWalks' public awareness campaign, they hope to change how Americans view persons with a mental illness. NAMI provides support, education and advocacy to their local communities of the issues facing the challenges that mental illness brings.



On Tuesday, September 17, 2013, the Los Angeles County Board of Supervisors presented a scroll in honor of the Los Angeles County NAMIWalks. Supervisor Zev Yaroslavsky honored the mission of NAMI by asking LACDMH Director, Marvin Southard, D.S.W., to give a few words about the walk's mission to raise awareness. The NAMI Walk Manager, Shelley Hoffman, gave highlights of the walk details and talked about how NAMIWalks reduces stigma, "Changing Minds One Step at a Time."

This year, Los Angeles County NAMIWalks 2013 will be held at the **Third Street Promenade in Santa Monica on Saturday, October 5, 2013**. Check-in for the event is at 8:00 a.m., and the 5K walk begins at 9:30 a.m.

You're welcome to participate in one of the many teams or form your own. Please join NAMI and the Los Angeles County Department of Mental Health in stomping out stigma, educating the public about mental health, and getting a little exercise by the beach!